



SIVANA

— HOLISTIC SPA —

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Welcome to Augusta Eco Wellness Resort, an ideal place to enjoy the best therapies and holistic treatments, as well as a comprehensive health methodology for body, mind and soul.

In Sivana Spa\* you can benefit from hydrotherapy, in addition to undergoing new and effective holistic health treatments.

A team of specialists and guides from the "Buena Bida" is at your complete disposal to advise you on the therapies that best suit your needs and objectives.

In Sivana Spa we offer traditional treatments brought from different parts of the world along with the most advanced techniques in health, beauty and Wellness.

Ancient and avant-garde techniques go hand in hand synergistically in order to offer you the best treatments to take care of your body and provide an integral well-being and well-feeling.

*\*Sivana, which means Oasis of Enlightenment, is a set of holistic and integrated timeless principles and techniques to unleash the potential of your mind, body and soul.*

## VOUCHERS AND ACTIVITIES

Benefit by contracting our VOUCHERS:  
6 treatments + 1 as a gift or 10 treatments + 2 gift, applicable by contracting the same treatment or therapy (not compatible with other offers and/or discounts).

## UNCTUALITY AND CANCELLATION POLICIES

Punctuality in customer service, along with the excellence in the service offered, is a must for us.

For this very reason, if you have a treatment scheduled, we would like to ask you to go to the spa reception a few minutes in advance to be able to serve you accordingly in the time we have reserved for you.

If you think that you will not arrive on time for your treatment and you want to delay it or cancel it, you should contact us at least 6 hours in advance of the scheduled time. This way, the reschedule or cancellation can be made free of charge. The delays, as well as cancellations, with less than 6 hours noticed will imply billing or loss of the contracted service.

*\*Extra time added to any treatment and/or consultation, even by therapeutic recommendation (prior acceptance of the client) is billed in proportion to the price of treatment applied.*

## ACCESO RESPONSABLE DE MENORES

Children under 12 years are allowed to enter the SPA always under continued supervision of an adult.

The adult will be responsible for the minor and will supervise them complying with the regulations to access the facilities at all times while maintaining order, tranquility and limiting their access to **ONLY** the areas indicated in the facilities.

Both our internal regulations and the Autonomous Community of Galicia regulations expressly prohibit:

- Any kind of dangerous games and annoying games for other spa users.
- Use of water toys.
- Jump into the water from the edges of the pool.
- Shout or raise your voice.
- The use of the sauna and steam bath, as well as the gym.
- Children must wear a swimsuit and slippers in the Spa facilities. Babies must wear a water diaper.** In case you don't have one, you could buy one at the reception of our Spa.



Dynamic and swimming pool. Augusta II / Caribbean Chill Spa. Augusta I

## Sanívoros Holistic Method



## SANÍVOROS HOLISTIC METHOD\* (MH)

The Sanívoros worldview observes the human being under a holistic\* and functional perspective as an integrated Whole, developing for it a synergistic and multidisciplinary methodology that allows us to identify and act successfully on all the keys to health and longevity.

A unique method that integrates natural and holistic therapies, nutrition, physiology, healthy life habits, emotions and spirituality.

*\*Holistic is an adjective that defines the practice that is based on the fact that each system, be it physical, biological, chemical, etc., and their properties, must be studied in a general and not individual way, since that way it can gain a greater understanding than through the parts that make it up. Holos (a Greek term that means "whole" alludes to contexts and complexities that are related, and they are dynamic. The holistic can be adjusted to a concept or point of view, through of which greater importance is given to a complete and integral perception of certain reality. The Holism emphasizes the relevance of the whole as something that transcends the sum of its parts, highlighting the importance of the independence.*

## WORKSHOPS AND ACTIVITIES SANÍVOROS La Buena [Bi]da

Included for Sanivoros Bitá clients and Augusta Vita Level clients who contract services for equal or greater amount of 70€ (person/day)

Each treatment is classified according to your indications.

- D Detox/Purify
- B Balance/Equilibrate
- E Energize/Invigorate
- P Prevent/Maintain

# Signature TREATMENTS

## SOUND THERAPY

75 min 125€



Carried out exclusively in our Pythagorean couch dome. A vibrational massage with instruments of the highest harmonic quality, such as the monochord, quartz bowls, crystal harp, tingshas, gong, among others. It is a deeply relaxing and harmonizing session that will lead you to a state of calm and fulfillment, where you can release certain emotional and energetic blockages that limit you in life.

## SIVANA BIOENERGY MASSAGE / BODY-FACIAL DRAINING

60 min 125€



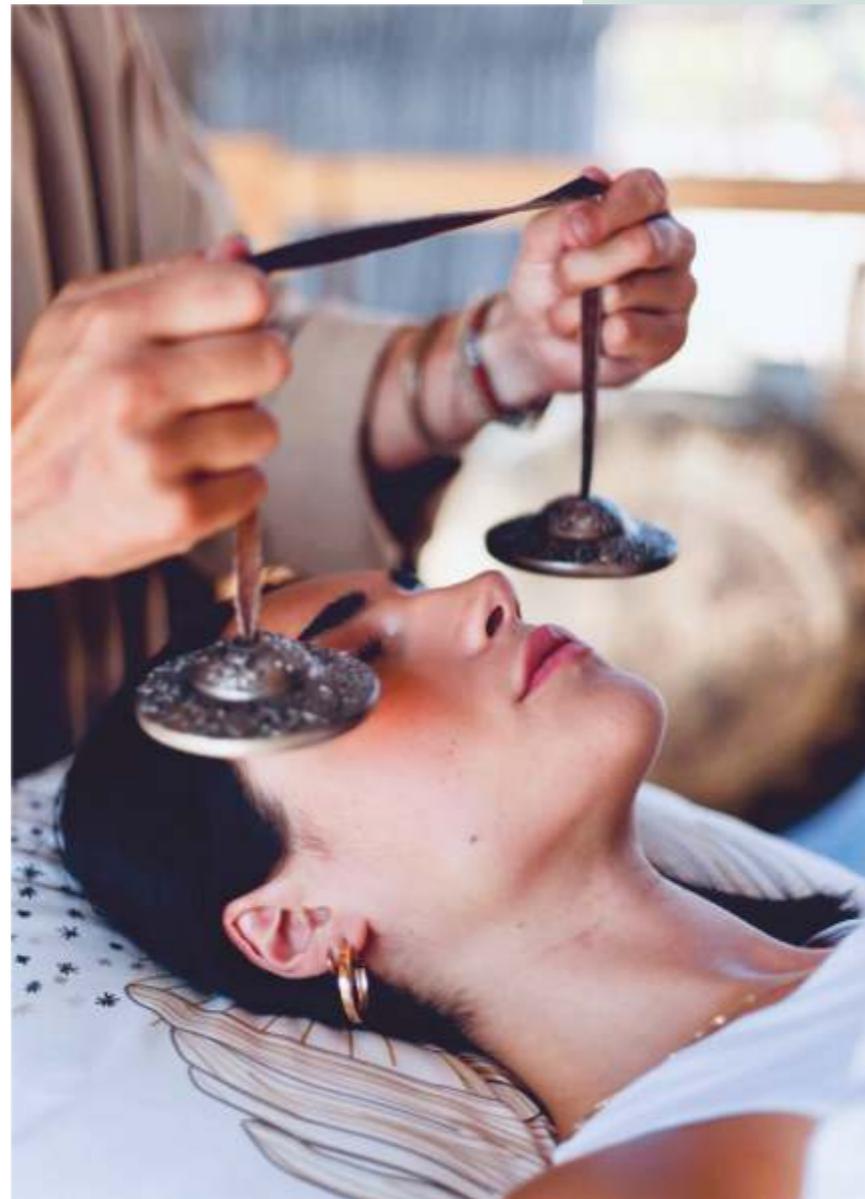
An effective drainage technique that combines deep manual massage with the use of suction cups and the application of essential oils and natural active ingredients. A perfect symbiosis that stimulates metabolism and provides new energy to the tissues. It contributes to the recovery of harmony and energetic balance in the body, also providing aesthetic results.

## SIVANA INTEGRAL BIOENERGY TREATMENT

120 min 250€



An integrative treatment that includes a bath, wrap, and Bioenergetic massage, facilitating the regeneration and activation of the body's cells, the renewal of the mind, and the restoration of internal balance.



Sound Therapy



Sivana Integral Bioenergetic Treatment

# Signature TREATMENTS

## AQUARIUS BAUPTISM RITUAL

60 min 100€ (1 Pax) • 120€ (2 Pax)



An unique and initiatory experience lived individually and personally. It takes place within our Flotation Pool Flotarium, which transforms into a temple and cradle for deep meditation and relaxation in the aquatic environment. Accompanied by a sound bath of Tibetan bowls, monochord, and the sound therapist's voice, reproducing chants and harmonics. This singular ritual offers an inward and healing journey to help release tensions, unlock the body, and relax the mind, thereby enhancing the quality of our vital energy.

## DANCE TO PARADISE MASSAGE

70 min 90€ (1 Pax) • 160€ (2 Pax)



A choreographed sequence of movements in a massage specially crafted by our holistic therapists, set to harmonious and carefully selected musical compositions. A delightful dance towards the peak of relaxation that transports you to a paradise of auditory, kinesthetic, and olfactory sensations. The Alqvimia essential oils serve as the final touch, completing a unique sensory experience.

## WATSU® WITH TIBETAN BOWLS

60 min



Water massage with a powerful neurosedative effect.

Reduces anxiety and stress levels. Promotes an overall sense of well-being. Improves sleep quality. Reduces general pain and enhances digestion

## HOLISTIC SOUL HEALING

60 min 75€



Thanks to the crystals, polished with 12 sides at an angle of 52 degrees (the angle of the Great Pyramid of Giza), the light transfers the vibration of the crystals directly to the chakras. Vogel quartz crystals act as natural lasers, and their vibration is identical to the symbol of sacred geometry, the Flower of Life, which represents the perfection of creation in a geometric structure also found in the cells of all living beings. This healing process involves the energetic body through the vibration of light and the use of Bach flower essences.

## HOLISTIC TREATMENT OF AUREA AND ENERGY CLEANSING

100 min 125€



We have a structured energetic body that fluctuates with our thoughts and emotions. By understanding and working on the energetic nature of the aura, we can develop inner peace, balance, and contentment. Upon completion of the energy work, a report will be provided, including a summary of the session's findings and guidelines for further self-care and maintenance.



Holistic Soul Healing

Sound Therapy



# Signature Galicia Zen TREATMENTS

## PILGRIM 'S FOOT

60 min 98€



The perfect rest for your legs, a relaxation and revitalization ritual combining a gentle massage with flowers from our garden, awakening the senses with subtle and fresh aromas. Additionally, the pressotherapy stimulates circulation and alleviates heaviness, providing deep and restorative relief

## INTEGRAL PILGRIM

60 min 105€



Enjoy a gentle exfoliation with salts that remove impurities from your skin, followed by a nourishing red clay wrap. To complete the experience, a leg massage will provide you with absolute relaxation, addressing typical issues in that area such as tired legs or swelling.

## GALICIAN WATER

75 min 82€



A treatment designed to tone and restore the body. A relaxing Atlantis Bath, using Sanivoros salts to tone and purify the skin, providing a sensation of total renewal. Next, a Vichy massage, where water jets stimulate and revitalize the muscles, leaving a feeling of lightness and cleanliness. The experience concludes on heated anatomical sofas

## CLEAN GROUND

100 min 95€



Detoxifying treatment with Photon, lymphatic drainage massage, flotarium, and relaxation on anatomical sofas with our Sanivoros detox infusion

## THE PATH F THE LIGHT

110 min 98€



Moisturizing and restorative circuit. Cleopatra bath, flower peeling from our garden, clay wrap and massage with organic honey.

## CHOCOLAT PASSION

110 min 98€



Well-being and pleasure. Through 100% pure cocoa, with a direct effect on reducing wrinkles, skin sagging, and other signs of aging. In addition to this, the presence of tannins, polyphenols, and theobromine makes the chocolate bath, peeling, body wrap with light mandarin notes, and cocoa massage help you burn accumulated fat and reduce cellulite.

## MATERNITY MESSAGES

OPTION 1 90 min 110€

OPTION 2 90 min 110€



### OPTION 1

Awaken your senses with a leg exfoliation using salts, followed by a clay wrap. This treatment is completed with a relaxing massage using sesame oil to relieve neck tension, arm soreness, leg heaviness, foot pain, and fluid retention.

### OPTION 2

This treatment alleviates stress, tension, and common pregnancy discomforts. Harnessing the power of Alqvimia oils based on roses, we prevent and treat stretch marks, itching, and other common skin issues during pregnancy. Includes a facial treatment.

## BALANCE

90 min 82€



By combining INDIBA and BEMER in a treatment, you achieve a unique and comprehensive experience. These technologies work together to promote cellular regeneration, improve circulation, strengthen the immune system, and increase overall vitality.

## CONSULTATIONS

### HOLISTIC HEALTH CONSULTATION

75 min 140€\* • 40 min 70€\*\*

Health Holistic Anamnesis, testing, nutrition, supplementation, phytotherapy, holistic treatment, chakras, Reiki...

\* Includes two Holistic Health tests

\*\* Includes a Holistic Health test

### PSYCHO-COACHING

60 min 80€

Psychological accompaniment and support to explore one's personal history and achieve recognition of unconscious aspects through conscious self-observation.

Psico-Coaching takes into account the different dimensions of the human being: mental, emotional, physical, and spiritual. It is highly effective in managing delicate situations, whether on a personal, social, family, work, or any other level.

### SPIRITUAL GUIDE

60 min 80€

A model of accompaniment and intervention that facilitates transformative changes in individuals through self-awareness and the authentic expression of oneself.

### THERAPEUTIC FEEDING AND SANIVOROS CONSCIOUS EATING

60 min 75€

It contributes to improving the quality of life for both healthy individuals and those suffering from any type of condition, reducing inflammation, and enhancing the body's detoxification, repair, and regenerative capacity through nutrition. It includes bioimpedance analysis and a personalized plan.

### EVOLUTIONAY FLORAL THERAPY CONSULTATION - BACH FLOWERS

50 min 75€

As expressed by Dr. Bach himself, "The first duty of a therapist is to help their patient know themselves." The science of consciousness and floral art uses flower essences as catalysts, archetypal information fields that allow for the exploration of the human psyche and its harmonic recomposition according to each individual's evolutionary level.

### ONLINE PRIVATE SESSIONS

*Get a 15% discount on the regular session prices for individual sessions.*

*Enjoy a 20% discount when you book 5 or more sessions.*

Carry out your sessions and follow-ups from the comfort of your home through online sessions with our team of holistic specialists: \*Psycho Coaching, \*Therapeutic Nutrition Consultation, and Conscious Sanivorous Nutrition, \*Spiritual Guidance, \*Meditation and Pranayama, \*Therapeutic Exercise Session (for individuals with injuries).

## DIAGNOSTIC TESTS

### STRESS LEVEL ANALYSIS AND CARDIOVASCULAR STATUS MAX PULSE - AGE READER

75€

Determines the overall cardiovascular status as well as the activity of the Central Nervous System.

### INFLAMATION ANALYSIS

60€ two zones • 95€ complete

Inflammation is at the root of disease. This test allows identifying and quantifying inflammatory processes even before the first symptoms manifest.

### SPECTROPHOTOMETRY *OligoScan*

100€

A non-invasive and painless test that measures levels of minerals and trace elements, heavy metals, and oxidative stress.

### BIOIMPEDANCE *InBody*

20€

A safe, accurate, and non-invasive method that provides data on body composition, including measurements of water, fat, visceral fat, minerals, muscle, basal metabolism, and body mass index.

### HEALTH CHECK UP

175€ without consultation

250€ with consultation

General well-being examination that includes:

ANALYSIS OF BASIC HEALTH PARAMETERS  
BIOIMPEDANCE  
ANALYSIS OF STRESS LEVEL AND CARDIOVASCULAR STATUS  
ANALYSIS OF INFLAMMATION (localized)  
BONE DENSITOMETRY  
SPECTROPHOTOMETRY – OLIGOSCAN®

### HEALTH 360° CHECK UP

150 min 360€ includes consultation

Comprehensive study of integral health that includes the following tests:

ANALYSIS OF BASIC HEALTH PARAMETERS  
SPECTROPHOTOMETRY – OLIGOSCAN®  
DARK-FIELD MICROSCOPY or RYODORAKU BIOENERGETIC MEASUREMENT  
BIOIMPEDANCE  
ANALYSIS OF STRESS LEVEL AND CARDIOVASCULAR STATUS  
360° INFLAMMATION ANALYSIS  
VITAMIN D  
ANALYSIS BONE DENSITOMETRY

### DARK FIELD MICROSCOPY ANALYSIS

65€

With just a single drop of capillary blood, we can observe the biological terrain and potential cellular imbalances.

## DIAGNOSTIC TESTS

### BLOOD ANALYSIS

65€

Blood analysis with capillary extraction. Same-day results for lipid profile, uric acid level, glucose, hemoglobin, and haematocrit.

### BLOOD GROUP ANALYSIS

15€

Blood analysis using a capillary blood drop to determine the blood type.

### VITAMIN D ANALYSIS

25€

Blood analysis with capillary extraction to establish Vitamin D levels, essential for the body.

### BONE DENSITOMETRY

65€

Determines the bone mineral density.

### OSTEOPATHY

60 min 75€

A practice aimed at relieving pain, restoring health, and promoting well-being. Consultation and session of structural, peripheral, or visceral osteopathy.

### OXIGENOTHERAPY

15 min 30€ • 10 sessions 240€



Inhalations of pure oxygen to increase the body's energy and eliminate toxins.

### NEBULISATIONS

15 min 30€



Especially indicated for individuals with respiratory or hepatic issues. It is complemented with alkaline hydrogenated Kangen Water.

### COLON HIDROTHERAPHY

60 min 120€



Internal and external detoxification of the body. Increases energy and restores vitality.

Improves headaches, arthritis, osteoporosis, hypertension, constipation, and more.

## TERAPEUTIC TREATMENTS

### ORGANIC GREEN COFFEE ENEMA

30 min 60€



Detoxification of the large intestine and liver. Contributes to the regeneration and balance of intestinal microbiota.

### CHINESE TRADITIONAL MEDICINE TREATMENT AND BIOENERGETIC REGULATION

60 min 80€



Measurement and regulation of the body's energy system through Traditional Chinese Medicine treatment. Harmonizes the neuroendocrine system, promoting the body's self-repair process.

### HYDROENERGY CURE

75 min 105€



Aromatherapy in a hot tub with salts and essential oils, followed by a seaweed wrap on a hydroacupressure bed with hydrojets.

# HOLISTIC TECHNIQUES FOR FACE, BODY AND HAIR

## BIO INFRARED TREATMENT



20 min 30€ • 10 sessions 250€



Global detox for weight loss and treatment of cardiovascular, joint, muscular, and general pain issues.

Infrared technology for aesthetics, health, and overall well-being.

Accompanied by alkaline hydrogenated Kangen Water.

## PHYSICAL VASCULAR THERAPY



20 min 24€ • 10 sessions 200€



BEMER technology contributes to improving the microcirculation of the smallest blood vessels, aiding the body's own self-healing, recovery, and regeneration processes. It enhances physical and mental performance and the body's ability to fight diseases while boosting the immune system.

Accompanied by alkaline hydrogenated Kangen Water

## MICRONEEDLING



Dermal microneedles represent the perfect combination of efficacy and beauty, allowing to improve various areas of the face and body in a minimally invasive way.

By using a device with a microneedle system, the formation of collagen and elastin naturally. Indicated for any type of skin.

### SPECIFIC TREATMENT OF MICRONEEDLING AND MESOTHERAPY

60 min 110€

Vitamins or Hyaluronic Acid and Growth Factors, mask, and massage in the following areas:

*Neck and Décolleté  
Face and Lips  
Face and Eye  
Contour Scalp  
Stretch Marks*

### GLOBAL TREATMENT OF MICRONEEDLING AND MESOTHERAPY

90 min 190€

Vitamins or Hyaluronic Acid and Growth Factors, mask, and massage in:

*Face  
Lips  
Eye Contour  
Neck and Décolleté*

### PACK 4 SPECIFIC TREATMENTS TO CHOOSE

Pack Price 370 €

## HOLISTIC TECHNIQUES FOR FACE, BODY AND HAIR

### CELL REPAIR TREATMENT

INDIBA®



Non-invasive, painless, and entirely harmless treatment that induces an increase in temperature from within the cells. It is applied aesthetically and therapeutically on the body, face, and hair.

#### BENEFITS

*Improves skin elasticity, hydration, and smoothness (collagen and elastin synthesis)*

*Aids in organ and tissue regeneration*

*Reduces inflammation and edema*

*Facilitates detoxification*

*Nourishes and revitalizes skin and tissues*

#### FACIAL TREATMENT

30 min 54€ • 45 min 75€

#### BODY TREATMENT

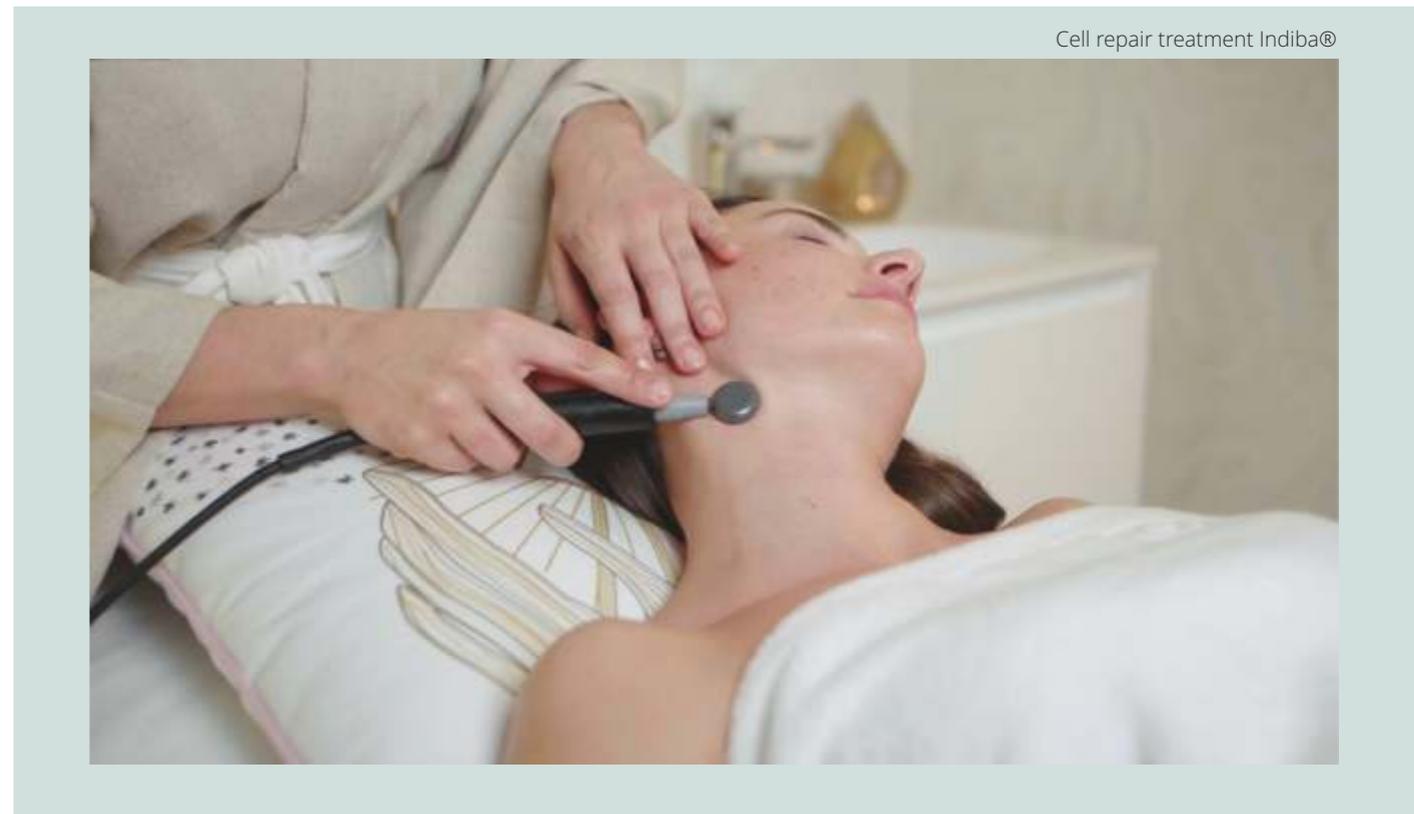
30 min 54€ • 45 min 75€

Cellulite, stretchmarks, recent scars, old scars.

#### EDEMA REDUCTION

60 min 94€

Excellent body reducer and firming treatment. Tones buttocks, abdomen, arms, or inner thighs.



## RITUALS

### HANAKASUMI RITUAL

60 min 88€

Revitalizing and Nutritious.  
Body peeling, foot massage, and shea body massage.

### SENSATIONS OF THE EAST RITUAL



75 min 95€

Soft, nourished, and satin-smooth skin.  
Peeling and massage with the aroma of amber and myrrh.

### BODY RITUAL SECRETS

60 min 90€

The Secrets de Sothys® ritual elegantly and gracefully combines the ingredients of a unique treatment. A moment of well-being and deep relaxation for soft and velvety skin.

### FACIAL AND BODY RITUAL SECRETS



2 h y 15 min 180€

A comprehensive ritual for deep relaxation that offers long-lasting radiant beauty. Thanks to its eleven unique and highly concentrated formulations, it reduces wrinkles by 53%, diminishes weakened pores, and provides deep hydration.

### SUN RITUAL ALQVIMIA

75 min 110€

Inspired by ancient Egyptian beauty rituals, this ritual gives the skin a luminous and healthy appearance. It regenerates, repairs, hydrates, and relieves congestion. Moreover, internally, it provides a complete sense of relaxation, renewal, fulfillment, and well-being. Highly recommended for conditioning the skin after sun exposure.

Body treatment. Includes peeling, wrap, and massage.

### QUEEN OF EGYPT RITUAL ALQVIMIA

90 min 140€

The magic of Frankincense and Myrrh to treat skin aging on the face and body, providing deep hydration that nourishes and imparts elasticity for a soft and velvety touch. This ritual is inspired by the ancient queens of Egypt, designed to make you feel powerful, deserving, and capable of achieving everything you set your mind to.

### OASIS OF SERENITY RITUAL

ALQVIMIA

90 min 140€

Immerse yourself in a sea of profound well-being. The combination of an anti-stress body treatment and a nourishing and hydrating facial treatment provides peace and physical and mental relaxation.

## FAMILY AND KIDS

### CHILD RITUAL ALQVIMIA

30 min 45€ • de 0 a 12 years

100% natural hydration, nutrition, and dermoprotection for the delicate skin of children and babies.

### PRINCESSES AND PRINCES RITUAL

45 min 49€ • de 4 a 12 years

Soft partial massage with nail polish and a streak of color.

Accompanied by natural apple juice with fine bubbles and organic candies

### CHOCOLATE RITUAL EN FAMILIA

60 min 110€ • 1 adult + 1 child

Chocolate Wrap and Cocoa Oil Massage. With bites of organic chocolates and a drink of organic vegetable milk with carob.



Harmony

## RELAXING MESSAGES

### THAI

60 min 70€

**B** **E** **P**

Combination of harmonious movements with yoga stretches to release tension from the body and mind. Based on the ancient Thai massage. It is performed in pajamas on a tatami.

### HARMONY

40 min 49,50€ • 60 min 65€

**B** **P**

Sensitivo y relajante. Manteca de karité combinada con chocolate o miel.

### SHITAO WITH VOLCANIC STONES

60 min 75€

**B**

Soothing and Relaxing. Shea butter combined with chocolate or honey.

### SOLVIDA

60 min 72,50€

**B** **E**

A unique massage created by our specialists to generate maximum relaxation. The combination of oils prepared from medicinal plants harvested in our garden, along with various massage gadgets, promote the flow of energy and body-mind relaxation.

### AYURVEDA

60 min 79,50€

**B** **E** **P**

Customized massage with essential oils that nourishes the skin, relieves pain, and prevents various conditions. Improves circulation, the lymphatic system, and promotes the generation of positive emotions.

### LOMI LOMI

60 min 80€

**D** **B** **E** **P**

Hawaiian massage for the stimulation of the circulatory, respiratory, digestive, and lymphatic systems

### INGRAVITY

40 min 75€

**D** **B** **E**

A massage that transforms into a dance within the waters enriched with Epsom salts in the floatarium.

### VICHY

50 min 63€

**D** **B** **E**

Herbal aromatic peeling and massage under shower infusion. Revitalizing.

### CLOVER - FOUR HANDS

40 min 85€

**D** **B** **E** **P**

Total relaxation and absolute well-being. Improves stress, insomnia, and anxiety.

## BODY THERAPIES

### DEEP TISSUE MASSAGE

40 min 68€ • 60 min 90€



Intensive decontracting treatment thanks to the combined work of the therapist and THERAGUN®

### FOOT REFLEXOLOGY WITH QUARTZ VOGEL

60 min 70€



Pressure applied to localized points on the soles of the feet. Relieves chronic ailments and improves the overall state of the body.

### QUIROMASSAGE

30 min 45€ • 45 min 65€



Decontracting massage to eliminate localized tensions in the legs and/or back.

### SHIATSU MASSAGE

40 min 48€



Japanese therapy of pressures on meridian areas and acupuncture points.

### MASSAGE WITH JADE STONES

70 min 82€



Contrast of hot and cold stones for beautiful skin. Soothing and anti-aging.



Foot reflexology with Quartz Vogel



## BATHS, PEELINGS AND WRAPS

### BATHS

15 min 30€



#### SEAWEED

Revitalizing, firming and firming.

#### CLEOPATRA

Moisturizing and revitalizing.

#### ALBARIÑO WINE

Revitalizing, antioxidant and firming.

#### ORO Y CAVA

Antioxidant.

#### CHOCOLATE

Relaxing and anti-wrinkle

#### BATH SALTS AND ESSENTIALS OILS

15 min



Inspired by the alchemical traditions of Europe and Asia, the proposals of Magistral Hydrotherapy offer a 'journey' inwards through the senses.

### FLOTARIUM

25 min 32€ (1 Pax) • 42€ (2 Pax)

40 min 42€ (1 Pax) • 60€ (2 Pax)



Total flotation and a feeling of weightlessness for a relaxing and detoxifying treatment in our exclusive Flotarium with 8,000 liters of water and 4,500 kg of Epsom salts.

### PEELINGS

45 min 53€



*Exfoliation, cleansing, and final hydration for radiant skin.*

#### COFFE

Stimulating and revitalizing.

#### COCOA AND ORANGE

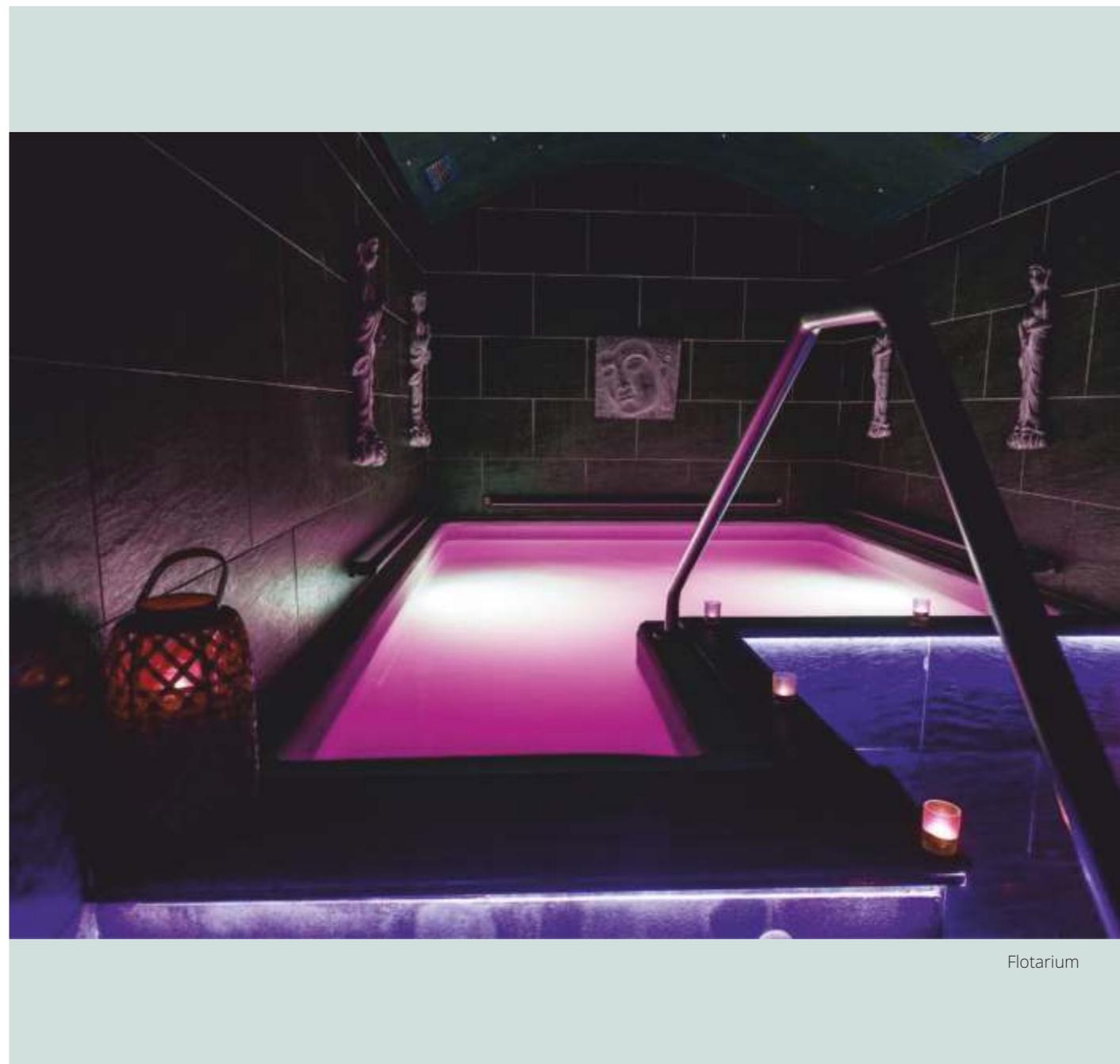
Detoxifying and antioxidant.

#### MARINE

Antioxidant.

#### CREAM

Oxygenating



Flotarium

## BATHS, PEELINGS AND WRAPS

### WRAPS

*With infinite possibilities and applications, its effects promote immediate results.*

#### ULTRA-REDUCING TREATMENT

75 min 98€



Slimming. Immediate and long-lasting reducing effect.

#### ALOE VERA

50 min 70€



Regenerating and soothing treatment, especially recommended for after sun exposure. Leaves the skin silky and relieved.

#### EXFOLIATION WRAPPING IN RASSOUL

75 min 95€



Clay wrap and exfoliation, application of floral water tonic, and hydrating massage with Shea Butter.

#### SEAWEED

20 min 29€



Firming wrap.

#### CHOCOLAT

20 min 29€



Hydrating and stimulating.

#### SEA LIME

20 min 29€



Detoxifying and destressing.

#### GINGER

20 min 38€



Draining massage. It is accompanied by an infusion of organic and purifying tea.

#### WINE POULTICE

20 min 34€



Circulation activation and deep hydration.

### EXTRA BONUS

#### NATURAL PEELING

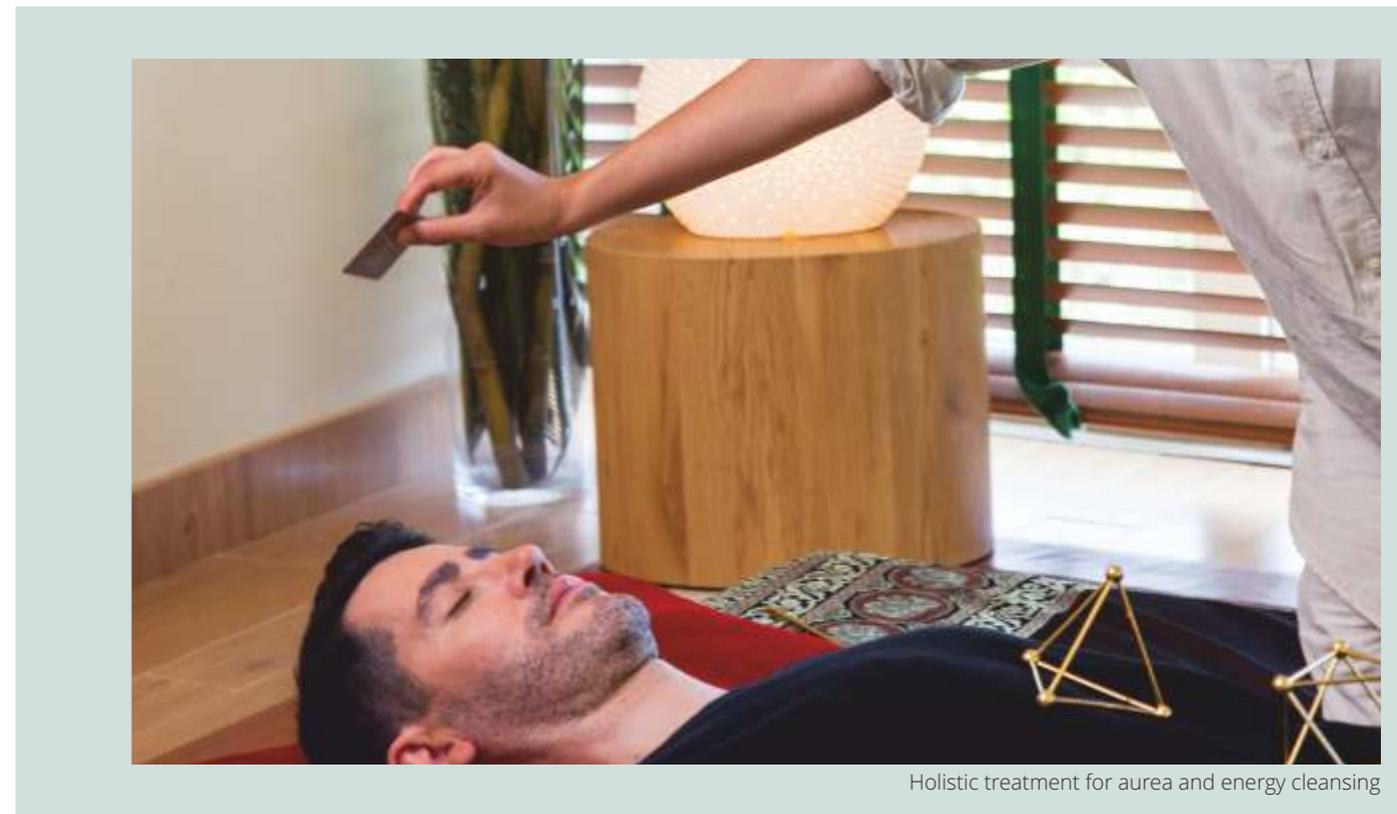
20 min 20€



The perfect complement to a body wrap for a comprehensive treatment. With freshly crafted organic products from our natural cosmetics atelier



Harmony



Holistic treatment for aurea and energy cleansing

## BEAUTY TREATMENTS

For the purchase of any beauty treatment from amount equal to or greater than €70, we give you a gift diagnosis of skin and hair MDS DERMA, with the basic skin parameters, or a 15% discount\* on the purchase of cosmetic products.

\*Discount not applicable with other promotions.

### FACE

**BEAUTY FLASH** Pibbeli  
60 min 98€

Tones and provides firmness and radiance.

**GEM OF LIGHT** Pibbeli  
60 min 98€

Anti-aging treatment that improves peripheral blood circulation, providing natural nutrients to aging cells through a masterful herbal formula (during the metabolization of ingested food).

**FACIAL PLUS** Pibbeli  
60 min 78€

Maintenance for all ages. Prevents cellular aging.

**REMINERALIZING** GERnétic  
45 min 68€

Remineralizes and illuminates the skin thanks to its marine active ingredients

**DETOX** GERnétic  
60 min 95€

Revitalizing and nourishing.

**ANTI-AGE** GERnétic  
75 min 90€

For mature skin. Treats deep wrinkles and sagging contours.

**OILY SKINS** GERnétic  
75 min 90€

Antibacterial and anti-seborrheic action.

**ACNE SKINS** GERnétic  
45 min 69€

Purifying, deep-cleansing, and soothing.

**DRY SKIN** GERnétic  
75 min 95€

Essential nourishment and flexibility for the skin.

**ANTIREDNESS** GERnétic  
60 min 90€

Soothing effect. Reduces redness.

**ANTI-SCARRING** GERnétic  
45 min 100€

Regenerates the skin. For recent and old scars

**ANTI-AGING FOR MEN** GERnétic  
50 min 75€

Improves the appearance and texture of the skin.

**FACIAL CLEANSING** eberlin  
50 min 63€

Deep Cleansing and Hydration. Prepares the skin to make it receptive to the application of products or treatments.

**TOTAL WHITE** eberlin  
60 min 95€

Effective Anti-Spot Treatment.  
Luminosity and Uniformity.

**MATTIFYING** eberlin  
50 min 66€

For skin with hormonal imbalances and tendency to shine.

**RADIANCE (ORGANIC LINE) SOTHYS  
ECOLOGICAL CERTIFICATE**  
SOTHYS PARIS  
50 min 89€

Sensory pleasure and effectiveness to awaken the skin and give it an instant burst of radiance.

A true moment of well-being that provides great relaxation while adding luminosity, flexibility, and comfort to the skin with certified organic products.

Suitable for all skin types, even sensitive ones.

**SOIN EXCELLENCE SECRETS** SOTHYS PARIS  
75 min 110€

Hydrated and luminous skin. Reclaims 4.5 years in just one treatment.

### EXTRA BONUS

**CELL REPAIR TREATMENT INDIBA**  
30 min 50€

Tightens, regenerates, and provides luminosity, elasticity, and hydration.

**EYES COLLAGEN MASK** eberlin  
20€

Facial Treatment Supplement.  
Ideal to complement any facial treatment.  
Extra anti-aging boost.

### CORPORAL

**CORPORAL SECRETS** SOTHYS PARIS  
60 min 90€

Deep Relaxation for a soft and velvety skin.

**CORPORAL PLUS** Pibbeli  
60 min 95€

Eliminates the feeling of fatigue, firms muscle tone, and reduces adipose tissue and cellulite

## BEAUTY TREATMENTS

### EXPRESS SLIMING 75min 110€

Complete treatment to target areas with adiposity, excess fat, and unwanted volume.

Dissolves fat and promotes its elimination, reduces volume, and improves metabolism.

### ANTISTRECHMARKS 60 min 85€

Regenerates tissue and reduces the appearance of the skin. Treats both white and red stretch marks.

### PERFECT LEGS 75 min 110€

Relieves congestion, calms, and provides a feeling of lightness and total rest. Indicated for treating cellulite and circulatory problems. Sensation of lighter legs. Improves circulation, reduces volume, and drains.

### BUST 60 min 105€

Firms, revitalizes, regenerates, and strengthens the elasticity of the bust.

### FIRMIN 75 min 110€

Especially indicated for skin and tissue with sagging. Improves skin quality, restores elasticity, provides nourishment, and firms skin and muscles. Reshapes the abdomen, hips, legs, buttocks, or bust.

### 50 PLUS 75 min 110€

Specifically designed to treat hormonal imbalances related to menopause, such as body aging, fluid retention, inflammation in the upper trunk, and fat accumulation in the abdomen and flanks.

Improves skin quality and elasticity, and helps reduce volume

## OTHER

### VERTICAL SOLARIUM 5€ / Session

## HANDS AND FEET

### PARAFFIN APLICATION 15 min 18€

Deep hydration for hands or feet and symptomatic relief for joint pain, tendinitis, and muscle contractions.

### ESPLENDOR DE MANOS\* 60 min 62€

Complete manicure with peeling, paraffin bath, and massage. Hydration, softness, and improved blood flow in the hands.

### FEET SPLENDOR\* 70 min 68€

Pedicure with peeling, bubble massage for feet in hydrojet, paraffin bath, and manual massage. Hydration, softness, and circulation activation.

### MANICURE\* 40 min 35€

Hand and nail care with transparent finish.

### PEDICURE\* 40 min 35€

Feet and nail care with transparent finish

\*Supplement for the removal of permanent nail polish: €15

## HAIR

### HAIR REVITALIZER 60 min 98€

Revitalizes fragile, lifeless, or prone to hair loss.

## EXTRA BONUS

### CAPILAR DETOX 30 min 50€

Treats baldness, hair weakening, and hair loss. Promotes hair growth and strengthens it.

### FLASH HAIR REJUVENATION 60 min 110€

Microneedling and Mesotherapy with Vitamins or Hyaluronic Acid and Growth Factors, with massage.

## BEAUTY

### LAVAR Y PEINAR 30€

Using natural and organic products with the application of a revitalizing hair lotion.

### PARTY HAIRSTYLES AND UPDOS\*\* BRIDES (Hairstyles and makeup)\*\* MAKEUP (Natural and party)\*\*

\*\*Consult available options.

## BODY - MIND

### BODY-MIND TECHNIQUES

50 min

Private sessions of:

YOGA  
MEDITATION  
MINDFULNESS  
TAI-CHI

### FITNESS

#### FUNCTIONAL ASSESSMENT

40 min 50€

Assessment of physical, metabolic, anatomical, and structural status. Includes Bioimpedance.

#### HIPOPRESSIVE LOW PRESSURE FITNESS

60 min 50€ (1 Pax) • 70€ (2 Pax)

Set of controlled movements to balance body and mind

#### PILATES

50 min 45€ (1 Pax) • 55€ (2 Pax)

Conjunto de movimientos controlados para equilibrar cuerpo y mente.

#### POSTURAL HYGIENE

50 min 55€

Evaluation, diagnosis, and treatment of the neuro-musculo-skeletal system.

#### ENTRENAMIENTO PERSONAL

60 min 50€ (1 Pax) • 75€ (2 Pax)

Our specialized team takes care of designing your personalized training. Especially recommended after the functional assessment.

#### POWER PLATE

25 min 30€ (1 Pax) • 50€ (2 Pax)

Vibration plate training.

#### FUNCTIONAL REHABILITATION IN WATER

50 min 60€ (1 Pax) • 75€ (2 Pax)

Pool therapeutic exercises. Improves joint mobility, muscle tone and respiratory function.

#### NORDIC WALKING

50 min 60€ (1 Pax) • 75€ (2 Pax)

Private sessions with personal trainer

One of the most comprehensive physical activities. Created in collaboration by doctors and sports professionals



Watsu massage with tibetan bowls

Aquarius baptism



## ACTIVITIES AND WORKSHOPS



A wide collection of activities for the whole family. Yoga, Music, Eco-Workshops, Meditation... Our team of therapists will help you achieve your best version with different experiences focused on your well-being, self-awareness, and continuous learning.

### HEALTHY BEAUTY

Beauty workshops offer an Experience unique for those looking to learn how create and use natural beauty products and ecological. During the session, you will learn techniques and recipes to make your own beauty products using natural and sustainable ingredients (Cocoa scrub, Bio Virgin Wax Lipstick and much more).

### GASTRO

With the objective of promoting and encouraging healthy nutrition, these workshops focus on providing participants knowledge, tools and practices to adopt more eating habits healthy in their day to day.

### LIFESTYLE

These workshops offer participants the opportunity to explore different practices and techniques that can incorporate into their daily lives to improve their physical, mental and emotional well-being (Yoga, Baths of Forest, Healing Sounds...



## OTHER SERVICES

### FOOD & THERAPY DRINKS

Conscious **HEALTHY** eating goes further of a natural diet based on real foods and healthy. Its main objective is to help improve physiological systems of the body and drive the people towards a healthy and fulfilling life.

Sanivoro menu	Kuzu
MU-Teani	Ginger fizz
Ku-kito	Yogi tea infusions

And, if you prefer, discover the benefits of a 100% Therapeutic Breakfast (DT), a great ally of health and well-being, as well as a powerful anti aging tool. The DT favors autophagy and digestive rest from salt, sugars and toxic over 12-16 hours, which allows the detoxification of organs and tissues and the restoration of homeostasis. In addition, it provides a proper balance between essential micronutrients (vitamins and minerals) and macronutrients (fats, carbohydrates carbon and protein). Book your DT at the spa of Augusta I, and a nutritional coach will assist you during the explanation and elaboration of your private therapeutic breakfast.

### OUR RETREATS

Health Transformative Experiences and Holistic Wellness

#### Integral Sanivoros

An initial experience to start caring for body, mind and soul.

Therapeutic Week for anxiety treatment

Therapeutic Week for depression treatment

#### The Way to the Next Level

Power soul, body and mind



### BITA SANIVOROS ONLINE EXPERIENCE

Our Guides of "La Buena Bida" will provide you personalized guidance to achieve your health and wellness goals. Embark on a journey towards your best version from the comfort of your home.

-Initial assessment of the global state of physical health, mental and emotional

-Personalized plan of 8 activities, consultations and/or workshops: Food, coaching, psychotherapy, personal training, yoga, meditation...

2 follow-up sessions

Final sessions guidelines and recommendations

Duration: 1 month 432€

## VISITING PRACTITIONERS

In order to continue offering innovative and unique experiences, at Augusta Eco Wellness Resort, we collaborate with the best professionals, providing you with treatments and proposals that promote an authentic way of living and experiencing life, of feeling and connecting in perfect harmony between body, mind, and soul.





**AUGUSTA**  
ECO WELLNESS RESORT  
*Feeding Soul, Body & Nature*

*Libera el potencial de Cuerpo, Mente y Alma...*



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